



## Monthly Well-Being Events: April 2020

**Check out this month's (all online) presentations! Click on the city of your choice below.**

Now is a great time to catch a health coach presentation, join a Walk With Ease group, or join the Stay Active Challenge – they all happen online! Learn from experts about trending topics important to you and completion of these activities can help you earn a Live Life Well Incentive for 2021! For more information about the Incentive, go to [www.benefits.mt.gov/incentive](http://www.benefits.mt.gov/incentive).

Click on the city of your choice for events or presentations available in your area.

- [Billings](#)
- [Butte/Deer Lodge](#)
- [Helena](#)
- [Missoula](#)
- [Outside Health Center Areas](#)

### **Online Registration Instructions (For CareHere Classes)**

To register for a class, follow the online registrations instructions below. (Please note, not all classes are available for online registration.) **Don't delay – classes have limited size and require registration!**

- Click [CareHere.com](http://CareHere.com), select Member Login, and log in with your Username and Password.
- Click on "Make Appointment."
- Click on "Classroom."
- Click on a date or date range for your appointment.
- Select "where" and "provider" (as applicable).
- Select your desired appointment from the options given. If "no available times" appears, the class is full.
- Select how you would like to be reminded of your appointment by selecting the drop-down menu next to "How would you like to be reminded of your appointment?" Click on "Confirm Appointment."
- You may also call (855) 200-6822 for assistance with registering.

You can also view other recorded presentations anytime online at [benefits.mt.gov/LiveLifeWellPresentations](http://benefits.mt.gov/LiveLifeWellPresentations).

Click the link below to explore "Health Matters," an additional resource offered to our members from the Montana Health Centers.

**[HealthMatters March Newsletter](#)**

## State of Montana Health Care & Benefits Division

Call (406) 444-7462 or Toll-Free (800) 287-8266

Hearing Impaired TTY (406) 444-1421 - Fax (406) 444-0080

Email [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov)

PO Box 200130, 100 N. Park Avenue, Suite 320, Helena, MT 59620-0130

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Non-Discrimination Notice: The State of Montana Benefit Plan complies with applicable Federal civil rights laws, state and local laws, rules, policies and executive orders and does not discriminate on the basis of race, color, sex, pregnancy, childbirth or medical conditions related to pregnancy or childbirth, political or religious affiliation or ideas, culture, creed, social origin or condition, genetic information, sexual orientation, gender identity or expression, national origin, ancestry, age, disability, military service or veteran status or marital status. 45 C.F.R. § 92.8(b)(1) and (d)(1)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-999-1062 (TTY: 1-855-999-1063).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-999-1062 (TTY: 1-855-999-1063).